ABSTRACT

An phase-change optical disk comprises a substrate, a first protective layer, a first thermostable layer, a recording layer, a second thermostable layer, a second protective layer, an absorptance control layer, and a heat-diffusing layer which are provided in this order from a side on which a laser beam comes thereinto, wherein a recording layer material has composition ratios which are within a range surrounded by composition points of B3 (Bi_3, Ge_{46}, Te_{51}), C3 (Bi_4, Ge_{46}, Te_{50}), D3 (Bi_5, Ge_{46}, Te_{49}), D5 (Bi_{10}, Ge_{42}, Te_{48}), C5 (Bi_{10}, Ge_{41}, Te_{49}), and B5 (Bi_7, Ge_{41}, Te_{52}) on a triangular composition diagram. Recrystallization is not caused even when information is recorded on an inner circumferential portion, a reproduced signal is scarcely deteriorated even when rewriting is performed multiple times, and any erasing residue of amorphous matters scarcely appears at an outer circumferential portion.